

SIGNATURE SMOOTHIES

WILD BERRIES.....20oz | \$8.50

RASPBERRIES, STRAWBERRIES, BLACKBERRIES, BLUEBERRIES, BANANA, CRANBERRY JUICE, ALMOND MILK
250 CALORIES | 57G CARBS | 2G FAT | 3G PROTEIN



COFFEE DATE.....20oz | \$8.50

COFFEE, DATES, ROLLED OATS, BANANA, ALMOND BUTTER, CINNAMON, ALMOND MILK
420 CALORIES | 58G CARBS | 20G FAT | 11G PROTEIN



CALIFORNIA.....20oz | \$8.50

STRAWBERRIES, BANANA, ORANGE JUICE
280 CALORIES | 66G CARBS | 0G FAT | 4G PROTEIN



VITAL GREENS.....20oz | \$9.50

GREEN APPLE, PINEAPPLE, PEACHES, BANANA, SPINACH, COCONUT WATER
230 CALORIES | 57G CARBS | 0G FAT | 4G PROTEIN



TROPICAL ELIXIR.....20oz | \$10.50

PASSION FRUIT, MANGO, PINEAPPLE, SHREDDED COCONUT, COCONUT MILK, COCONUT WATER, GUAYUSA, SEA MOSS
330 CALORIES | 57G CARBS | 11G FAT | 3G PROTEIN



BLUEBERRY MUFFIN.....20oz | \$9.50

BLUEBERRIES, BANANA, CLUB-MADE GRANOLA, SOY MILK, LEMON JUICE
410 CALORIES | 68G CARBS | 11G FAT | 10G PROTEIN



ADD-ONS

- WHEY PROTEIN POWDER | \$2
VANILLA & CHOCOLATE
- SOY PROTEIN | \$2
UNFLAVORED
- VEGAN PROTEIN POWDER | \$3
VANILLA & CHOCOLATE
- COLLAGEN | \$2
- CREATINE | \$1.50
- MATCHA | \$1.50
- FLAXSEEDS | \$1
- CHIA SEEDS | \$1
- BLUE SPIRULINA | \$2.50
- CLUB-MADE GRANOLA | \$1.50
- SEAMOSS | \$2
MANGO PINEAPPLE

THE JUICE BAR



PROTEIN SMOOTHIES

BANANA BREAD.....20oz | \$10

BANANA, ROLLED OATS, PECANS, FLAXSEEDS, CACAO NIBS, CINNAMON, VANILLA WHEY PROTEIN POWDER, ALMOND MILK
480 CALORIES | 48G CARBS | 23G FAT | 24G PROTEIN



PLANT POWER.....20oz | \$11.50

SPINACH, AVOCADO, COCONUT MILK, FLAXSEEDS, ALMOND MILK, PLANT PROTEIN POWDER
290 CALORIES | 12G CARBS | 18G FAT | 22G PROTEIN



PB HEAVEN LIGHT.....20oz | \$10

PEANUT BUTTER, BANANA, ALMOND MILK, VANILLA WHEY PROTEIN POWDER
*SUB CHOCOLATE WHEY PROTEIN POWDER
460 CALORIES | 37G CARBS | 24G FAT | 29G PROTEIN



BLUE MANGO.....20oz | \$12

MANGO, BANANA, COCONUT WATER, LIME JUICE, SEA MOSS, VANILLA WHEY PROTEIN POWDER, BLUE SPIRULINA
320 CALORIES | 60G CARBS | 1.5G FAT | 21G PROTEIN



SUPER POM.....20oz | \$12

CHERRIES, BLACKBERRIES, POMEGRANATE JUICE, HEMP SEEDS, VANILLA WHEY PROTEIN POWDER, ALMOND MILK
300 CALORIES | 48G CARBS | 4G FAT | 22G PROTEIN



RED VELVET.....20oz | \$11

STRAWBERRIES, BEET JUICE, BANANA, ALMOND BUTTER, VANILLA WHEY PROTEIN POWDER, ALMOND MILK
350 CALORIES | 44G CARBS | 10G FAT | 24G PROTEIN



PROTEIN BOOSTED SMOOTHIES

BENCH PRESS.....24oz | \$12.50

STRAWBERRIES, PEACHES, BANANA, CRANBERRY JUICE, VANILLA WHEY PROTEIN POWDER
370 CALORIES | 51G CARBS | 2G FAT | 36G PROTEIN



RELOADED.....24oz | \$12.50

BLUEBERRIES, STRAWBERRIES, CLUB-MADE GRANOLA, VANILLA WHEY PROTEIN POWDER, PINEAPPLE JUICE
500 CALORIES | 67G CARBS | 9G FAT | 38G PROTEIN



COCONUT ALMOND LIFT....20oz | \$12

BANANA, CHOCOLATE WHEY PROTEIN POWDER, SHREDDED COCONUT, ALMOND BUTTER, HEMP SEEDS, COCOA POWDER, ALMOND MILK
490 CALORIES | 41G CARBS | 18G FAT | 44G PROTEIN



INDULGENT SMOOTHIES

CHICAGO STORM.....20oz | \$8.50

MANGO, BANANA, COCONUT CREAM, VANILLA FROZEN YOGURT, ORANGE JUICE, PINEAPPLE JUICE
510 CALORIES | 115G CARBS | 1.5G FAT | 10G PROTEIN

PB HEAVEN.....20oz | \$8.50

PEANUT BUTTER, BANANA, VANILLA FROZEN YOGURT, SKIM MILK
840 CALORIES | 137G CARBS | 22G FAT | 30G PROTEIN



PRO BLAST.....20oz | \$10.50

BLUEBERRIES, BANANA, VANILLA FROZEN YOGURT, HONEY, VANILLA WHEY PROTEIN POWDER, SKIM MILK
440 CALORIES | 78G CARBS | 1G FAT | 30G PROTEIN



POWER LUNCH.....20oz | \$10.50

BANANA, VANILLA FROZEN YOGURT, CLUB-MADE GRANOLA, VANILLA WHEY PROTEIN POWDER, PINEAPPLE JUICE
620 CALORIES | 114G CARBS | 5G FAT | 30G PROTEIN



JUICE BAR SHOTS

POWER C.....\$6.50

VITAMIN C, ORANGE JUICE, GINGER, CAYENNE

5-ALIVE.....\$5.25

ORANGE JUICE, CARROT, LEMON, GINGER, CARDAMOM

HOTSHOT.....\$5.75

GINGER, CAYENNE, TURMERIC, LIME, HONEY

GINGER SHOT.....\$4.75

TURMERIC SHOT.....\$5.25

KIDS' SMOOTHIES (ages 12 and under)

BANANARAMA.....10oz | \$5

STRAWBERRIES, BANANA, ORANGE JUICE

CHUNKY MONKEY.....10oz | \$5

BANANA, PEANUT BUTTER, 2% MILK, CACAO NIBS
CONTAINS: MILK & NUTS

PEANUT BUTTER & JELLY.....10oz | \$5

PEANUT BUTTER, BLUEBERRIES, STRAWBERRIES, 2% MILK
CONTAINS: MILK & NUTS

KIDS' SHAKE.....10oz | \$5

CHOCOLATE OR VANILLA
CONTAINS: MILK

FRESH JUICES

COLD-PRESSED JUICES CRAFTED TO DELIVER A FRESHER TASTE, SMOOTHER CONSISTENCY, AND VIBRANT FLAVOR. BECAUSE COLD-PRESSED JUICES ARE CRAFTED WITHOUT HIGH-SPEED BLADES, THEY TAKE A BIT MORE TIME TO PREPARE. THIS INTENTIONAL PROCESS HELPS PRESERVE THE INTEGRITY AND FLAVOR OF THE INGREDIENTS.

CITRUS SUNRISE

\$9.00

CARROTS, GREEN APPLE, GINGER, LEMON, ORANGE JUICE
200 CALORIES | 47G CARBS | 3G PROTEIN | 0.5G FAT

GOLDEN APPLE

\$9.00

GREEN APPLE, CUCUMBER, FENNEL, MINT
190 CALORIES | 45G CARBS | 3G PROTEIN | 0.5G FAT

RUBY ROOT PRESS

\$9.00

CARROTS, BEETS, GREEN APPLE, GINGER
190 CALORIES | 46G CARBS | 2G PROTEIN | 0G FAT

GREEN ORCHARD

\$9.00

GREEN APPLE, GRAPES, SPINACH, GINGER, LEMON
210 CALORIES | 53G CARBS | 1G PROTEIN | 0G FAT

GREEN TONIC

\$9.50

GREEN APPLE, BLACK KALE, CELERY, PINEAPPLE, CUCUMBER, GINGER, LEMON
200 CALORIES | 47G CARBS | 3G PROTEIN | 0.5G FAT

PINK TROPIC

\$10.00

PINEAPPLE, STRAWBERRIES, BEETS, CUCUMBER, GINGER, LEMON
200 CALORIES | 50G CARBS | 4G PROTEIN | 1G FAT

= Recovery

= Heart Health

= Gut Health

= Antioxidant Rich

= Gluten Friendly = Vegan = Contains Caffeine

*GUAYUSA AND SEA MOSS ARE NOT SUITABLE FOR CHILDREN